







# COMMUNITY LEISURE

## **Consultants assigned to** schools to improve mental health of military children

**Bob Mathews** 

Family and MWR Marketing Publicity Specialist

Military Family Life Consultants, each a certified mental health professional, have been assigned to five Liberty County schools whose enrollment includes a large number of militaryconnected students.

MFLCs also have been assigned to the three Department of Defense Education Activity on-post elementary schools for the 2010-2011 school year, as they were last year.

David Smith, Youth Education Support Services Director, said MFLCs add "an additional layer of support for students in these schools" as well as lessening the burden of already-busy school counselors and staff in meeting the students' needs.

"MFLCs not only help out with students who might be having some concerns, or anxiety issues with a deployed parent and may need some intervention support, but are a two-fold resource for the school staff itself," Smith said.

"We find there is a good percentage of military-connected spouses who are teachers as well, and they might have a deployed spouse. So the MFLCs are support for those teachers and a resource for the school in general to provide education and help for kids who might be having some difficulties."

Smith said that written permission from the parent must be given before any contact will be made or counseling conducted with students. The counseling is free and no records are kept except in a duty-to-warn situation (such as domestic/Family violence, child abuse or threats to self or others).

The MFLCs began their work at the schools Aug. 9 and are busy blending in, getting to know the students, teachers and staff as they get the word out that they are there to help in any way possible. They'll be seen at football games, at special events, sometimes when the students arrive in the morning, and on other occasions.

"They want the students, staff and teachers to know that they are available and that they want to help," Smith said.

MFLCs can provide support to military-connected students on topics including, but not limited to identifying feelings, problem-solving, bullying, conflict resolution, self-esteem, coping with deployment and reunification, transition and moving, sibling/parental relationships, managing anger, time management, separation from parent(s) and divorce.

Military-connected parents are invited to talk with an MFLC about issues their child might be having at school and to request any related support, Smith said.

MFLCs are assigned are Bradwell Institute, Liberty County High School, Midway Middle School, Lewis Frasier Middle School and Snelson Golden Middle School. Fort Stewart DoDEA schools to which they are assigned are Brittin Elementary, Diamond Elementary and Kessler Elementary.

Military-connected students attending Liberty County elementary schools in which an MFLC is not serving on-site are invited to contact an MFLC. To speak to with an MFLC, contact the participating school your child attends; or, for more information, call the School Liaison Office at 912-767-6533.



Juan Valentin Gil-Rodriguez, 20 months, receives a gift from the Georgia Aquarium vendor, while his father, Sgt. 1st Class Jose Rodriguez, 1st HBCT, 3/69 Armor, and his mother, Lidia Gil-Rodriguez, look on.

## Community leaders share information at fair

Pat Young

Fort Stewart Public Affairs

Fort Stewart-Hunter Army Airfield hosted the Fall Executive Session of the Regional Information Sharing Forum at the Hunter Club, Sept. 9, and at Club Stewart, Sept. 10. Community leaders from the surrounding counties, cities and school districts joined installation leaders in partnership to share information about the ongoing deployment of the 3rd Infantry Division and upcoming events occurring in their respective areas.

Third Infantry Division Commanding General Maj. Gen. Tony Cucolo led off the both events via video teleconference from Iraq. He briefed attendees about the 3rd Combat Aviation's Brigade's support to the emergency flood relief in Pakistan, and about ongoing 3rd ID support in Iraq and Afghanistan.

Major General Cucolo said although the mission continued there, Marne Soldiers would start returning in late September and October with the 3rd Heavy Brigade Combat Team: the Spartans of 2nd HBCT by the end of October and through November, and the army.mil.

3rd CAB and 1st HBCT by December. Major General Cucolo said he was extremely proud of the performance of Soldiers and Family Members during the deployment, and thanked community members for their continued support.

Third Infantry Division Deputy Commanding General-Rear Brig. Gen. Jeffrey Phillips; Fort Stewart-Hunter Army Airfield Garrison Commander Col. Kevin Milton; and Hunter Garrison Commander Lt. Col. Jose L. Aguilar; also noted how returning Soldiers would go through reintegration orientation with 10 half days that included, among other subjects, medical, dental, financial and resiliency awareness counseling.

Additional briefings at the RISF included information about the Prisoner of War/Missing in Action ceremony scheduled for 6 p.m. at the Fort Stewart-Hunter Army Airfield Museum, Sept. 17, which the community was invited to attend; upcoming holiday events and other impending installation events.

Community members are encouraged to learn more about these subjects and more online at www.stewart.

## Preparing for pregnancy during deployments

**Marguerite Cleveland** 

3/7 Inf. FRG Advisor

It's 2 a.m. and you are wakened by a sharp pain. You realize you are in labor, your husband is deployed and your twoyear-old is peacefully sleeping down the hall. What do you do?

The 3rd Battalion, 7th Infantry Regiment, 4th Infantry Brigade Combat Team Family Readiness Group held a Pregnancy Support Meeting opened to all expectant spouses in the 4th IBCT, Sept. 9. The purpose of the meeting was to help our pregnant spouses answer their questions. New Parent Support and

the Department of Obstetrics and Gynecology sent



Courtesy photo

representatives who provided support and information.

"We had a situation where a spouse called needing a ride home from the hospital in Savannah," said Tonya Imus, 3/7 Inf. Family Readiness Support Assistant. "She just had a baby and had nothing ready including the required car seat to bring the baby home. Her plan was her husband was going to be home from Iraq [for the birth], and she didn't anticipate premature labor."

For more than one third of the unit, this is the first deployment for the

Soldiers and their spouses.

Page 3B

## See PREGNANCY

# Female Led Zeppelin tribute band re-visits COB Speicher Sgt. Ry Norris

Hammer of the Broads perform for servicemembers at Contingency Operating Base Speicher, Iraq, Sept. 8. Hammer of the Broads is an allfemale tribute band to Led Zeppelin, playing songs such as "Highway to Heaven" and "Heartbreaker."

135th MPAD, 3rd ID Public Affairs

**CONTINGENCY OPERATING BASE** SPEICHER, Iraq - Hammer of the Broads, an all-female tribute to Led Zeppelin, sent a special message to the troops of Contingency Operating Base Speicher, Iraq, hours before they performed at the Main Gym, Sept. 8.

"Take care of yourself, get the job done, and come back safe," said Dyna Shirasaki, the lead singer who emulates Zeppelin's singer, Plant.

The Los Angeles-based group began the second stop of their tour with a meet-and-greet at the Division Main Headquarters, where they remembered some of their fans.

"We meet a lot of Soldiers that have seen us in Afghanistan, Bosnia, and Iraq," said Tina Wood, or "Page." "It's such a trip!"

This is not the group's first time in Iraq. All four musicians were here earlier in the year as the band known as Thund 'Her' Struck, a tribute to AC/DC. Nikki Lane Taylor (Bonham), who is not originally part of Thund 'Her' Struck, filled in as drummer for that tour.

The crew's motto, when playing AC/ DC, is "Let there be rock." That motto resonated through the Led Zeppelinfan-filled gymnasium as the first note struck a chord. The crowd rocked to hits like "Stairway to Heaven" and "Heartbreaker."

"Led Zeppelin is the best rock and roll band ever," said Maj. Jim Riely, a G-5 planner with the Division Special Troops Battalion, 3rd Infantry Division. "They have a song for every mood and every occasion."

See BAND -**3B** 

## AT THE MOVIES

#### Sasha McBraver

The Frontline Contributor

"The Young Victoria" is a lovely portrait of the real life British Queen whose reign lasted longer than any other female in history. The film stars Emily Blunt ("The Devil Wears Prada," "Wolfman") as the feisty young royal who falls in love with Prince Albert, as portrayed by Rupert Friend. Much of

the film is historically accurate, but I'll admit I had difficulty following some of the political aspects.

What I did enjoy were the actor's performances, their accents (Friend is British but sounds Germanic, as he should), and especially the romantic thread. Period



love story is, thankfully, a happy one. I recently saw 1986's "Lady Jane," another historical piece about real British royals, and was devastated by the tragic ending. Jane Grey there is portrayed by a young Helena Bonham Carter (no stranger to

romances are my favorite kind. Victoria's filming romances of this type). Her hus-

band is Carey Elwes, who is right up there on my list of favorite period romantic leads, joined by Ralf Fiennes and, of course, Colin Firth.

If you enjoy period romances, you'll definitely want to rent "The Young Victoria," but it isn't quite as dramatic as gems like "A Room with a View," also starring Helena Bonham Carter, Jane Austen's stories, and "Wuthering Heights."

#### Charlie St. Cloud

Today — 7 p.m.

(Zac Efron, Charlie Tahan)

Charlie St. Cloud forms a unique connection to the afterlife after surviving the tragic car accident that claimed his younger brother. Charlie is wracked with guilt, convinced that if he had just been more careful behind the wheel, Sam would still be alive today. Before Charlie can move on with his life he'll have to first let go of his past, and bid his beloved brother Sam one final, heartfelt farewell.

Rated PG-13 (language including some sexual references, an intense accident scene and some sensuality) 99 min.

## The Other Guys

Friday, Saturday — 7 p.m.

(Will Ferrell, Mark Wahlberg)

Detective Allen Gamble is a forensic accountant who's more interested in paperwork than hitting the streets. Detective Terry Hoitz is a tough guy who has been stuck with Allen as his partner ever since an unfortunate run-in with Derek Jeter. Allen and Terry idolize the city's top cops, Danson and Highsmith, but when an opportunity arises for the Other Guys to step up, things don't quite go as planned.

Rated PG-13 (crude and sexual content, language, violence and some drug material) 107 min.

## Studio Appreciation -

Advance Free Screening

Saturday — 4 p.m.

Tickets available at your local AAFES Food Court. Seating open to non-ticket holders 30 minutes prior to show time.

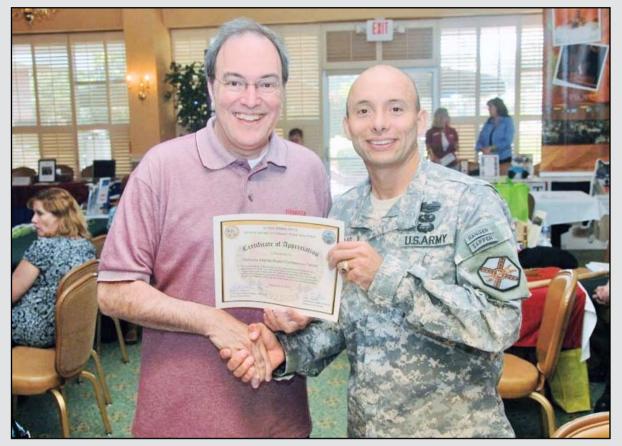
Films are subject to availability. AAFES strives to show films according to the published schedule but reserves the right to reschedule, cancel or substitute showings as needed. For more information, call 912-767-3069 or go to www. aafes/com/ems/conus/stewart.htm.

## PRESENTS TODAY THROUGH SEPT. 18



For more Stewart - Hunter community events, check out the September Quality Time, now available!

# Sales manager wins 'best booth' at Hunter showcase



Jimmy McSalters, MVIC

Michael Vescio, sales manager of Ramada, Atlanta Airport Conference Center, is presented the trophy for "best booth" by Lt. Col. Jose Aguilar, Hunter Army Airfield Garrison commander at the Hunter Club, Sept. 9. bout 300 showcase attendees voted for their favorite of 58 booths that displayed information about each respective agency; many also had "give-away" items. Vescio said he was thrilled to own the trophy until the next showcase when he will pass it to a new winner. He said he had just the place in his office to display it.

See next week's The Frontline for a complete list of prize winners at the Stewart and Hunter community showcases

## PREGNANCY-

## from Page 1B

"Readiness is one of the fundamental tasks of the Army," said Maj. Ernesto Cardenas, MD, Chief, Dept. of OB/GYN. "However, Soldier readiness can, at times, overshadow Family readiness during deployments. We are helping patients utilize all available resources early on to decrease anxiety associated with having a baby while dad is deployed. It is my experience that formulating a Family care plan during contractions is never a good idea."

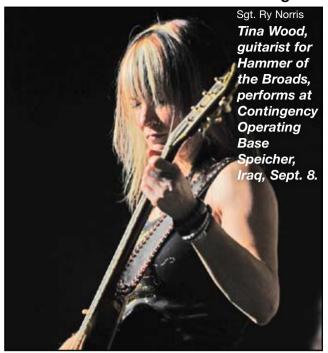
In addition to speaking to the ladies on readiness,

Maj. Cardenas provided each one a five-page draft pregnancy plan, and the spouses provided suggestions to improve the document. The goal is to use the pregnancy plan at Winn Army Community Hospital to screen patients whose sponsors are deployed, and to help them plan for a safe delivery with or without their husbands present.

Major Cardenas is available to visit Family Readiness Groups. He can be reached at *ernesto*. *cardenas@us.army.mil*.

## **BAND**

## from Page 1B



The crowd filled the stadium, including some who counted down the days until the concert.

"When I heard they were coming and I was working security, I was stoked about it," said Sgt. Jason Keller, a squad leader with the 108th Military Police Company.

The group encouraged the crowd to let loose and sing. Soldiers ran on stage to play air guitars alongside the rockers. A fan presented the bassist, Andrea Zermeno, with a large pair of men's drawers with "I (heart) U, P.S. these are brand new," across the back, in tan camouflage, of course.

"It was absolutely fantastic!" said Rob Gutkowski, a counter-improvised explosive device section personnel. "These guys are so good that they are worth going to see. We're fortunate to get it for free."

The road leading to this tour was a long one. The band formed late last year after Moby Chick, another tribute Led Zeppelin band, disbanded. Practice came about once a month, when the musicians had spare time from their full-time jobs. Schedules were cleared so they could perform for the troops.

"For as much as these guys come here and sacrifice, it's the least we can do," said Shirasaki.

"There were these firefighters who just recently lost one of their guys," said Wood of a previous tour. "They told us 'We were having such a hard time with it and the fact that you girls came out here lifted our spirits."

While the troops and those in attendance enjoyed more than an hour of Led Zeppelin music, the artists received something in return — gratitude.

"All the fatigue and aches, you forget about all that when you realize what you're doing," said Wood.

"It's hard to realize that for someone like me, who's a total goofball, can make a difference [especially] when I hear 'I forgot about where I was for a little bit,'" a misty-eyed Zermeno said.

"That is the greatest compliment of all," Nikki finished.



## **Spiritual resiliency**

Chaplain (Maj.) Valiant D. Lyte, Sr.

HHC U.S. Army Garrison/1st HBCT, 3rd ID-Rear

Uplifting Spirit can help bring "resiliency" to returning Soldiers, their spouses, and loved ones.

The following quote is from the New International Bible: *Galatians* 5:22-23, 25-26.

"But when the Holy Spirit controls our lives, he will yield this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law... If we are living now by the Holy Spirit's power, let us follow the Holy Spirit's leading in every part of our lives. Then we won't need to look for honors and popularity, which lead to jealousy and hard feelings."

Over the next several months, Soldiers will be redeploying and reuniting with their spouses, loved ones, and with the Fort Stewart-Hunter Army Airfield community. Reintegration briefings, Soldier Resource Clerks and Post-Resiliency Training will be conducted.

Rear and forward chaplains, chaplain assistants, community support agencies and Family Readiness Support Assistants will consolidate their time, efforts and resources to returning Soldiers and reuniting Families, renew, restore, rebuild and re-strengthen their relationships and marriages during "Transitioning Home Challenges."

Another element that can help make your "transition home" adjustments is your "Spiritual and Moral Resiliency Program." The quote from *Galatians* 5: 22-23, 25-26 can be an aid to the 4 "Rs" mentioned above.

Returning home can be rough and challenging, but if you apply the following ingredients, I believe it will make for an easier transition.

Love is the glue that will help you through postreuniting difficulties. Joy is something that you have even when you don't feel good about it. Joy is not based on your feelings, but on your faith to work through unhappy and emotional situations the best way you can as a couple, or if you are single, as an individual with good values and morals.

If you examine the rest of these spiritual virtues, you will rediscover that they are there to help strengthen your spiritual and moral relationship, with God, the Creator, spouses, Families and loved ones. Patience, peace, kindness, goodness, faithfulness, gentleness and self-control will help you bend together without breaking apart and stand side-by-side without falling or faltering.

You, the single Soldier and the married Soldier, will become fruitful in "Renewing, Restoring, Rebuilding and Re-strengthening" your relationships. Step-by-step, you will allow yourselves to reunite and recommit to each other. "Together You stand, Divided You Fall!" True "Oneness" helps build good "Character!"

To help you continue to rebound and rebuild, check with your rear-support chaplain and Family Life chaplain for Strong Bonds ResiliencyTraining Retreat opportunities at 912-767-7028 / 1820/ 8541/8065/7492.

#### **Chapel Schedule Fort Stewart** Location Time Catholic **Main Post Chapel** Sunday Mass 9 a.m. **Protestant Contemporary Worship** Marne 11 a.m. **Gospel Worship Main Post** 11 a.m. **Traditional Worship** Marne 9 a.m. Liturgical Worship Heritage 10 a.m. Kids' Church **Diamond Elementary** 11 a.m. PWOC (Wednesday) **Main Post Chapel** 9:30 a.m. 1:30 p.m. Marne Annex Friday Jum'ah Saturday Islamic Studies Marne Annex Sunday Islamic Studies Marne Annex Appts. Contact Spc. Lugman at wallead.lugman@yahoo.com Heritage 11:30 a.m. Contact Harold Crowther at 912-332-2084 **Hunter Army Airfield** Catholic **Sunday Mass** Chapel 11 a.m. **Protestant Sunday Service** Chapel

# Kids Church Where God rocks

at Stewart School Age Services, across from Diamond Elementary 10:45 a.m. to noon, Sunday; or at Hunter Chapel Fellowship Hall at 9:15 a.m., Sunday

## For children grades K-5 Fort Stewart bus pick-up:

 $10{:}15~\hbox{a.m.}$  - Liberty and Hendrich, Liberty and Sicily, Liberty and Anzio, Liberty and Rome

 $10\hbox{:}20$  a.m. - Jasmine and Skyland Spruce, Jasmine and Liberty Wood, Wild Fern and Golden Birch

10:30 a.m. - Schofield and Sansidro, Schofield and Hollandia, Rogers and Argyle

10:40 a.m. - Naktong and New Guinea, Ormoc and New Guinea

10:50 a.m. - Marne Chapel

10:55 a.m. - Main Post Chapel

For more information, e-mail fortstewartkidschurch@yahoo.com.

# Fort Stewart Chapel Youth Ministry

Fort Stewart Youth Ministry
exists to share "Biblical Truth"
with middle and high school age youth,
to disciple them in the Christian faith,
and to equip them for lives
of Christian service.

For weekly meeting information, go to www.twitter.com/ftstewartyouth or contact
Michael Iliff,
Fort Stewart Youth
Ministry Coordinator
at 912-813-9789.

TEAM STEWART www.stewart. army.mil

## Amicalola Falls: Let the rushing water wash the cobwebs from your mind

Commentary by Randy Murray Fort Stewart Public Affairs

In a few weeks, 3rd Infantry Division Soldiers will begin redeploying to Fort Stewart-Hunter Army Airfield, and reunited Families will be looking for places to go for quality time.

Our host state offers some great, Family-affordable things to do at its 50-plus state parks and historic sites, especially parks like Amicalola Falls State Park, which has a 56-room luxurious lodge, 20 "Hike Inn" rooms, 24 RV and primitive campsites and 14 cottages. Amicalola is a 829-acre park, located in the mountains near Dawsonville, Ga.

Amicalola is a Cherokee Indian word, meaning "tumbling waters," which appropriately describes the 726-foot falls, the tallest cascading waterfall east of the Mississippi River. According to the park's Web site, Amicalola is one of Georgia's most popular state parks. A weekend stay at the lodge or one of the cottages will easily explain why it's so popular.

All 56 rooms in the lodge, which sits atop a mountain ridgeline, face the mountains. Lodge guests can spend their mornings and late afternoons sitting on the bottom floor porch, sipping coffee and taking in the beauty of the rolling green hills in front of them.

Mealtime at the lodge's Maple Restaurant is special, too. A buffet breakfast, lunch and supper has guests waiting in line, not just for the great food but also for a chance to get the preferred seating by the windows, which face the mountains.

Those whose leisure time involves strenuous activity will love Amicalola. There are not only miles of trails taking you to the falls, but an 8 1/2-mile trail that leads to Springer Mountain, the southern tip of the famous 2,135-mile long Appalachian Trail. Fisherman will want to try the trout fishing in the stocked pond located at the bottom of the falls. Those less inclined to walk up the side of the mountain can take a shorter, ¼-mile long trail that's paved with recycled tires and has a gentle slope such that even wheel-chaired visitors can gain access to the falls.

Picnic and playground areas surround the park's Visitor Center, which includes nature displays, live animals and a gift shop.

If you're planning to visit Amicalola, please be aware the peak tourist season is in the fall when the leaves are at their brightest. Traffic will be heavy and chances of getting a room at the lodge or one of the cottages will not be good. Local residents recommend visiting the park in the off season, after the leaves begin to fall, if only because the falls can be seen more clearly from farther away. Special events are planned at the park for Thanksgiving weekend through Christmas. There's also the nearby town of Dahlonega, site of America's first gold rush.

For more information about Amicalola Falls State Park, go to www.gastateparks.org/ AmicalolaFalls or call 706-265-4703. For lodge reservations, call 800-573-9656.



The 726-foot Amicalola Falls is the tallest cascading waterfall east of the Mississippi River. The falls is just part of the 829-acre Amicalola Falls State Park, located in the mountains near Dawsonville, Ga.

## **Live Oak Library Programs Storytimes**

Hinesville Library, 912-368-4003

Preschool Storytime

Sept. 20, 10:30 a.m.

Sept. 27, 10:30 a.m.

This delightful program features a story and simple art activity. Ages 3 and up.

Tree Tots Storytime

Sept. 21, 10:30 a.m.

Sept. 28, 10:30 a.m.

Age-appropriate stories, finger plays, songs and more. Ages 0 to 2.

Special Events

Hinesville Library, 912-368-4003

Sept. 23, 10:30 a.m. Come celebrate Library Card Sign-Up Month with Ronald McDonald and his Reading Rangers. For ages 5 and up.

## Get down at the Savannah Jazz Festival

The 2010 Savannah Jazz Festival, celebrating jazz as a living art form built on a constantly evolving tradition will offer all types of jazz, from Dixieland, traditional swing, straight-ahead and bop to melodic standards, and funky down-home "gutbucket" blues.

The festival days are Sept. 19-26 at Forsyth Park, and boasts the best in international, national, regional and

local jazz talent. Sponsored by the City of Savannah, the Festival is free and open to the public. Food and drink venders on-site. For more information, visit www.savannahjazzfestival.org.

## Western Dance held at Club Stewart

The Hinesville Chapters of Alpha Kappa Alpha Sorority, Inc., Delta Sigma Theta Sorority, Inc., and Zeta Phi Beta Sorority, Inc. present a Western Dance at Club Stewart on Saturday. All proceeds will benefit the Historic Dorchester Academy. So come join us for a night of country style dancing and fun.

For tickets and information, please contact Barbara Jackson at 912-572-6343 or Pat Jackson at 912-630-8476 or e-mail at npoaka@yahoo.com Tickets are \$25 for individuals and \$40 for couples.



## **Armstrong Atlantic Nursing Program**

Armstrong Atlantic State University's Liberty Center will host a nursing information session at 3 p.m., Sept. 23 at its regional campus, 740 E. General Stewart Way,

Suite 210 in Hinesville. The session, presented in cooperation with Armstrong's Department of Nursing, will offer information about the nursing program, the registered nurse degree option, admission requirements, scholarships, and financial aid. Faculty and staff will be on hand to meet with current and prospective students.

All pre-nursing majors and students interested in

the RN option are invited. To reserve a seat, call 912-877-1906 by Sept. 21. Space is limited. Light refreshments will be served.

For more information, visit www.armstrong.edu.

## Career Expo scheduled

CivilianJobs.com will host a Career Expo, Oct. 6, at Ft. Stewart, Ga. Men and women who are transitioning from active duty to civilian life, retirees, veterans, and members of the National Guard and Reserve and their spouses may take advantage of this free opportunity to meet with local and national employers. Please preregister for the career expo at Web site civilianjobs.com in order to take advantage of the matching process, which enhances their career expo experience.

All military or former military may upload their resume and pre-register for the event to have their skills matched against all attending employers. Those employers will be sent a copy of the matched candidate's resume prior to the career expo. Upon signing in at the career expo, pre-registered candidates will be given a list of employers their skills and geographical preference matched with.

Non-ID cardholders who are veterans MUST preregister online for the career expo no later than Sept. 21 in order to have their names added to the base access roster for entrance to the installation and to participate in the matching process.

Military-friendly organizations will be on hand to speak with and interview job seekers. We are expecting 30 or more companies to participate, including corporate employers, law-enforcement agencies and educational institutions, hiring locally or seeking candidates for nation-wide placement.

For more information, e-mail badams@civilianjobs. com or call 678-819-4170.

## Classic Car Show planned

Cars, trucks, hot rods, street rods, and antique cars welcome for the first annual Classic Car Show sponsored by the American Legion, 8 a.m. to noon, Oct. 9 at 3003 Rowland Ave, in Thunderbolt (Savannah), Ga. Pre-registration by Oct. 1 is \$15; \$20 after that date. Awards will be given for Best GM, Best Ford, Best Mopar, Best Truck, Best Street Rod, Best Other, Best Muscle Car, Longest Distance, Club Participation, Commander's Choice and Best of Show. Call 912-655-6360 for more information.

# pecial Deliveries

## September 6

Ryan Alberto Lewis, a boy, 8 pounds, 10 ounces, born to Sgt. Jefferie Lewis and Gema Henryeth

Kara Hattie-Raye Pinkston, a girl, 7 pounds, 13 ounces, born to Sgt. Shareese Lynell Pinkston.

## September 8

Blaze Isabel Joleigh Bigelow, a girl, 5 pounds, 9 ounces, born to Spc. Brandon Bigelow and Candace Bigelow.

*Liam Ray Chain*, a boy, 5 pounds, 5 ounces, born to Staff Sgt. David J. Chain and Melissa D. Chain.

Auden Brynn Harbold, a girl, 5 pounds, 6 ounces, born to Pfc. Jason Alan Harbold and Kaitlin Ann Harbold.

## September 9

Andrew Robert Baron, a boy, 7 pounds, 10 ounces, born to Capt. Dmitry Baron and Elisabeth Laura Baron.

Christian ChueSing Ochoa, a boy, 7 pounds, 12 ounces, born to Spc. Jonathan Steven Ochoa and

Cindy Xiong Ochoa. Aiden William Terry, a boy, 8 pounds, 10 ounces,

## September 10

born to Sgt. Johanna Y. Drost.

Jonathan Allen Drost, a boy, 8 pounds, 8 ounces,

born to Spc. Adam Terry and Christina Terry.

Robert Kakada Iem Jr., a boy, 6 pounds, 14 ounc-

## Provided by Winn Army Hospital

es, born to Staff Sgt. Robert K. Iem Sr. and Caitlin E.

*John Mortley*, a boy, 3 pounds, 12 ounces, born to Pfc. Michael Mortley and Patrycja Pakula.

## September 11

Carson Craft Puckett, a boy, 7 pounds, 8 ounces, born to Pfc. Brenton Craft Puckett and Megan Marie Puckett.

Tamia Marie Williams, a girl, 7 pounds, 4 ounces, born to Pfc. Trivon Marquis Williams and Candace Letrice Williams.

## September 12

*Lilly Catherine Platt*, a girl, 8 pounds, born to Spc. Ronald Leslie Platt Jr. and Connie Marie Platt.



### **Take Tailgate Challenge at Stewart**

Celebrate the start of college football season with us in our Tailgate Challenge from 11 a.m. to 4 p.m., at Rocky's Zone parking lot, building 703, Saturday.

The University of Georgia will take on Arkansas in the featured game, but you could win the Spirit Award by demonstrating your support for any team you choose. Judging will be at halftime of the Georgia/Arkansas game. For details, call 912-767-4316

### Go trawling on the Bull River

The registration deadline is Sept. 23 for the Youth Sponsorship Trawling on the Bull trip, Sept. 25.

Join fellow CYSS registered youth (grades 4-12) and trawl on the Bull River at Savannah for marine wildlife (fiddler crabs, sea horses and shrimp). This is a great opportunity to meet new friends if you are new to Stewart or Hunter.

Register at CYSS Parent Central Services office on Stewart, building T0029 or call 912-767-2312. On Hunter, register at building 1286 or call 912-315-5425.

For more information, call School Liaison Office 912-767-6533 (Stewart) or 912-315-6586 (Hunter).

## Register for GC Golf Scramble at Stewart

The Garrison Commander's 4-Person Golf Scramble at Taylors Creek Golf Course will begin with a shotgun start at 1 p.m., Sept. 24.

The cost is \$35 for active duty, military retirees, Army Civilians, and Golf Club members. It is \$45 for civilian guests. The event will accept the first 25 teams. Register your team by Sept. 23.

For details, call 912-767-2370.

## **Celebrate National Hunting and Fishing Day**

An Outdoor Wilderness Fair will be held in front of the Stewart PX from 10 a.m. until 2 p.m., Sept. 24. The event will highlight hunting and fishing at Stewart and outdoor recreation opportunities on Stewart and in the surrounding area.

DES personnel, game wardens, DPW Fish and Wildlife Branch and DFMWR Outdoor Recreation Program representatives will be on hand to provide helpful information to anglers, hunters and other outdoors enthusiasts.

The Fishing Event – open to all, both young and old – will be held at Pond 30 from 3-7 p.m., Sept. 25.

Pond 30 was recently stocked with catfish, so be prepared to catch a mess. But you might have to

toss a few back, because a five fish per person limit will be strictly enforced. Fort Stewart and Georgia fishing license requirements will be waived for the event.

Fish and Wildlife will have fish-cleaning demonstration and Game Wardens will provide a catfish nugget tasting booth. Outdoor Recreation will have casting event, face-painting and other events.

For more information, call 912-435-8061 or 912-435-8205.

#### Watch a movie 'under the stars' at Hunter

"Iron Man 2," rated PG 13, will be shown at 8 p.m. at Lotts Island on Hunter Army Airfield, Sept. 24. There is no charge.

Participants are encouraged to bring tents for a Family campout following the movie. Families can begin setting up their sites at 6:30 p.m.

Concessions available from the Hunter Club include hotdogs, popcorn, chips, soda and water. No show if rain or high winds.

Who can come: active duty military, Reserve, retirees, Family Members, DoD Civilians, and guests of military ID cardholders. Children 15 years of age and younger must be accompanied by an adult.

Call 912-315-2019 for additional information.

### Sign up for Top of the Rock Run

The ninth annual Top of the Rock Run, an event that attracts hundreds of participants each year, will be run in the Quick Track area of Fort Stewart starting promptly at 8 a.m., Sept. 25.

The event will include 5K and 10K courses. Ten age categories will be available for male and female competitors: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, and 55 and over.

The run is open to unit and individual competitors. Runners with various levels of skill are welcome. Strollers are welcome.

On Fort Stewart, pre-register at the Bennett Sports Complex, building 471, or Newman Fitness Center, building 439. On Hunter, pre-register at Tominac Fitness Center, building 919. The pre-registration cost for 10K team-company level only is \$15 per person. The cost is \$18 per person for individuals.

Race day registration will be permitted for individuals only and will cost \$25 per person.

Call the Bennett Sports Office at 912-767-8238 for more information.

#### Join us for National Day for Kids

CYSS will celebrate the Boys and Girls Club

National Day for Kids from 10 a.m. to 3 p.m., Sept. 25 at the SAS Field on Greene Street at Fort Stewart and SAYS Field, building 8805 on Hunter.

Open to all, the celebration will include inflatables, games, face painting, food and more. Call 912-767-5662 for more information at Stewart or 912-315-5708 at Hunter.

### **Enjoy Hawaiian Luau at "The Springs"**

Another season is coming to a close, and kids are invited to help us close "The Springs" Water Spray Park at Cypress Creek in the Corkan Family Recreation Area with a luau on Sept. 30, if the weather permits. There's no charge.

Come in costume, enjoy the music and enjoy the fruits of a Hawaiian picnic. Hours are 10 a.m. to noon for toddlers ages 0 to 5 and 5 p.m. to 7 p.m. for children ages 6-12.

We look forward to serving you again beginning on May 20, 2011. Call 912-767-9884 for more information.

### It's Moonlite Bowling at Stewart Lanes

Join us at Stewart Lanes Bowling Center, building 450, the evening of Sept. 25, when we will remain open until 1 a.m. "Nite Owls" are invited to come out and enjoy late-night bowling.

Moonlight bowling is offered on the last Saturday of each month.

The cost is \$2.50 per game/person and \$1.75 shoe rental. For more information, call 912-767-4273.

#### Take Family Bouldering class

Come out and try "bouldering"— climbing no higher than 12 feet and moving from side to side—at Corkan Family Fun Center, building 449, from 5-8 p.m., Sept. 26. This is a great activity for Families.

The cost is \$3.50 per person per hour. For more information, call 912-767-4273.

### Storytime illustrated on Flannel Board

Children hear stories, with characters and scenes demonstrated on a flannel board, at George P. Hays Library, building 411, from 4 -5 p.m., Sept. 29. For more information, call 912-767-2828.

## **Family Night at Stewart Youth Center**

Come on out for a night of fun, games, prizes, and food for the whole Family to enjoy! Join us for Family Night at the Stewart Youth Center, building 7338, Sept. 30, from 5-7 p.m. It's a great chance to meet new Families, and there's no cost to attend. For more information, call 912-767-4491.

## **Army Community Service**



#### Free classes offered at Stewart

**Tuesdays**, 1-3 p.m.: Living on a Plan: How to Create a Budget that Works (Stewart, ACS, building 86)

**Thursdays**, 9-11:30 a.m.: Family Orientation (Stewart, Soldier Service Center, building 253)

**Thursdays**, 10-11:30 a.m.: Play Morning (Stewart, Bryan Village Youth Center)

Thursdays, 1-2 p.m.: Newcomer's Windshield Bus Tour (Stewart, Soldier Service Center, building 253)

**Tuesday**, 1-3 p.m.: Living on a Plan- How to Create a Budget that Works (Stewart, ACS, building 86)

**Sept.22**, 1:30-3:30 p.m.: Interviewing Workshop (Stewart, ACS, building 87)

**Sept.23**, 9-11 a.m.: Saving on a Shoestring (Stewart, ACS, building 86)

**Sept.23**, 2-4 p.m.: Chasing Toddlers (Stewart, ACS, building 82)

**Sept.23**, 4-5 p.m.: Welcome Seminar for Exceptional Family Member Program Families (Stewart, ACS, building 86)

**Sept. 24**, 1-3 p.m.: Resumix Insider's Tips for Federal Jobs (Stewart, ACS, building 87)

#### Free Classes offered at Hunter

Tuesdays, 10-11:30 a.m.: Play Morning (Hunter, New Gannam Community Center)

**Monday**, 11 a.m. to 1 p.m.: Foreign Born Spouses Support Group (Hunter, ACS, building 1286)

**Tuesday**, 9-11 a.m.: Job Search Strategies (Hunter, ACS, building 1286)

**Tuesday**, 9:30-11 a.m.: Mine, Yours and Ours-Parenting for Stepfamilies (Hunter, ACS, building 1286)

Tuesday, 2-4 p.m.: Chasing Toddlers (Hunter, ACS, build-

ing 1286)

**Sept. 20-21 & 23**, 9 a.m. to 3 p.m.: AFTB Level II (Hunter, ACS, building 1286)

**Sept. 21**, 6-8 p.m.: Families in Action (Hunter, ACS, building 1286)

**Sept. 22**, 9-11 a.m.: Keeping Your Bank Account in Check (Hunter, ACS, building 1286)

**Sept. 23**, 10 a.m. to 12 p.m.: Making Money on Your Money-Personal Investing (Hunter, ACS, building 1286)

#### Stewart-Hunter host AFAP Conference

Stewart-Hunter will host its 2010 AFAP Conference at Club Stewart 8:30 a.m. to 4 p.m., Sept. 29, 30 and 8:30 a.m. to 12:30 p.m., Oct. 1. AFAP is a tool that creates an information loop between the global Army Family and leadership. It's a process that lets Soldiers and Families say what policies and programs are working, and those that are not-AND what they think will fix it.

This year AFAP truly goes global by requesting issues that will affect the Army as a whole. Have your voice heard by submitting issues now! Go to the Team Stewart Homepage at www.stewart.army.mil/homepage and scroll down to the AFAP logo on the left side. Call 912-767-5058 for more information.

#### **Delegates needed for AFAP**

Delegates representing a cross-section of the Army Family are needed for the Stewart-Hunter 2010 AFAP Conference. Active duty Soldiers, Reserve, National Guard, Family Members, retirees, surviving spouses, and Army Civilians are invited to participate. The primary role of a delegate is to identify issues with Army wide ramifications and recom-

mend solutions. To sign-up as a delegate, go to the Team Stewart Homepage at *www.stewart.army.mil/homepage* and scroll down to the AFAP logo on the left side. Call 912-767-5058 for more information.

### Make money on your money

If you wait until you think you can afford to invest, you will have lost thousands of dollars in free money (interest). The first dollar invested has the potential to make the most money. Investing does not require you to be rich-just wise with what you have.

The Financial Readiness Program will host Make Money on Your Money- Personal Investing class at Hunter (building 1286) 10 a.m. to 12 p.m., Sept. 23, and Stewart (building 86) 9-11 a.m., Sept. 30. This class will provide participants with a basic understanding of different types of saving and investment products including Individual Retirement Accounts, 401Ks, Thrift Savings Plan, College Savings Plans and Mutual Funds. Other topics covered will include the importance of financial goals, the time value of money, determine personal risk tolerance, and how to match investments with personal goals. Call for more information at (Hunter) 912-315-6816 or (Stewart) 912-767-5058.

## Learn how to apply for federal positions

The Stewart Employment Readiness will host Resumix Insider's Tip for Federal Jobs at ACS (building 87) 1-3 p.m., Sept. 24. Learn how to input your resume in the Federal government's electronic resume system, search for jobs, and track the status of your application.

Learn strategies on how to maximize the effectiveness of your resume. Call 912-767-5058 for more information.

## Teaching children to travel safely to and from school

#### Kim Whyte

Family Enrichment Program Educator

As an exciting new school year begins, many children will be riding bicycles, walking to bus stops as well as walking to and from school. It is important for parents to teach and give children opportunities to practice traveling safety skills.

- 1. Teach your children to stay aware of their surroundings and observe all traffic rules in order to safely share the roads and sidewalks with others.
- 2. Instruct your children to travel with a friend, always stay in well-lit areas, never take shortcuts, and never go into isolated areas.

- 3. Even though there may be safety in numbers, young children must be supervised to ensure their safe arrival to and from school, especially if they must take isolated routes anytime during the day or in darkness.
- 4. Walk the route to and from school with your children pointing out landmarks and safe places to go if they're being followed or need help. Make the walk to and from school a "teachable moment" and chance to put their skills to the test. Make a map with your children showing acceptable routes to and from school.
- 5. If your children wait for a bus, wait with them or make arrangements for supervision at the bus stop.

- 6. If anyone bothers your children or makes them feel scared, uncomfortable, or confused, teach your children to trust their feelings; they should immediately get away from that person and tell a trusted adult.
- 7. If an adult approaches your children for help or directions, children should be taught that they do not need to be polite and help. They should not stop and immediately move away. Remind your children that grownups needing help should not ask children; they should ask other adults.

8. Instruct your children to never approach a vehicle or accept money or gifts from anyone unless you have told them it is okay to accept in each and every instance. 9. Instruct your children to leave items and clothing with their name on them at home. If anyone calls out their name, teach them to not be fooled or confused. Teach your children about the tricks someone may try to use to confuse them, engage them in conversation or get them to accompany them.

10. Ensure current and accurate emergency contact information is on file for your children at their school. Make sure the school's departure procedures include only allowing your child to leave with someone you have authorized to pick them up.

Information gathered from The National Center for Missing and Exploited Children at www.missingkids.com.